



GS89F-1S

Microwave Oven

Owner's Instructions & Cooking Guide

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CONTENTS

Quick look-up guide	2
Oven	3
Control panel	4
Accessories	4
Using this instruction booklet	5
Important safety information	5
Legend for symbols and icons	5
Precautions to avoid possible exposure to excessive microwave energy	5
Important safety instructions	6
Correct disposal of this product (waste electrical & electronic equipment)	8
Installing your microwave oven	9
Setting the time	9
What to do if you are in doubt or have a problem	10
Cooking/Reheating	10
Power levels	11
Adjusting the cooking time	11
Stopping the cooking	11
Setting the energy save mode	11
Using the steam cleaning	12
Choosing the accessories	12
Using the auto reheat feature	13
Auto reheat settings	13
Using the auto power defrost feature	14
Auto power defrost settings	14
Using the sensor cook feature	15
Sensor cook settings	15
Using the auto crusty cook function	17
Auto crusty cook settings	17
Using the manual crusty cook function	18
Manual crusty cook settings	18
Grilling	19
Combining microwaves and the grill	20
Switching the beeper off	20
Safety-locking your microwave oven	20
Cookware guide	21
Cooking guide	22
Cleaning your microwave oven	30
Storing and repairing your microwave oven	30
Installation & Wiring Instructions	30
Wiring instructions	31
Cooking instructions on food packaging	31
Cooking instructions	32
Technical specifications	32

QUICK LOOK-UP GUIDE

If you want to cook some food

1. Place the food in the oven.
Select the power level by pressing the  button one or more times.



2. Set the cooking time by Pressing the (—) and (+) buttons as required.



3. Press the  button.

Result : Cooking starts. The oven beeps four times when cooking is over.



If you want to auto power defrost some food

1. Place the frozen food in the oven.
Select the type of food that you are cooking by pressing the **Power Defrost** () button one or more times.



2. Select the food weight by pressing the (—) and (+) buttons.



3. Press the  button.



If you want to add extra 30 seconds

Leave the food in the oven.
Press **+30s** one or more times for each extra 30 seconds that you wish to add.





If you want to grill some food

1. Press the  button.



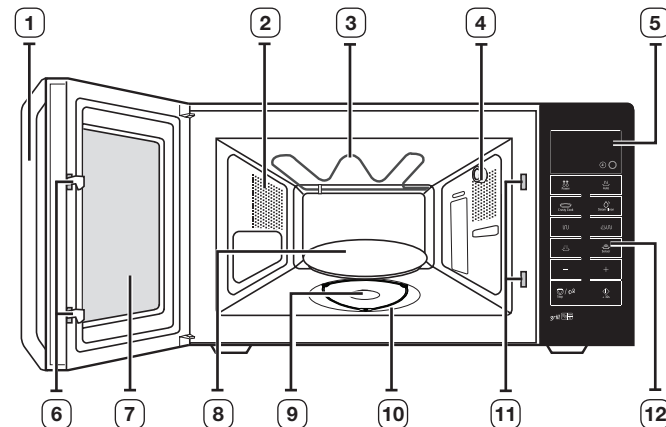
2. Set the cooking time by pressing the (—) and (+) buttons.



3. Press the  button.



OVEN



- | | |
|----------------------|----------------------------|
| 1. DOOR HANDLE | 7. DOOR |
| 2. VENTILATION HOLES | 8. TURNTABLE |
| 3. GRILL | 9. COUPLER |
| 4. LIGHT | 10. ROLLER RING |
| 5. DISPLAY | 11. SAFETY INTERLOCK HOLES |
| 6. DOOR LATCHES | 12. CONTROL PANEL |

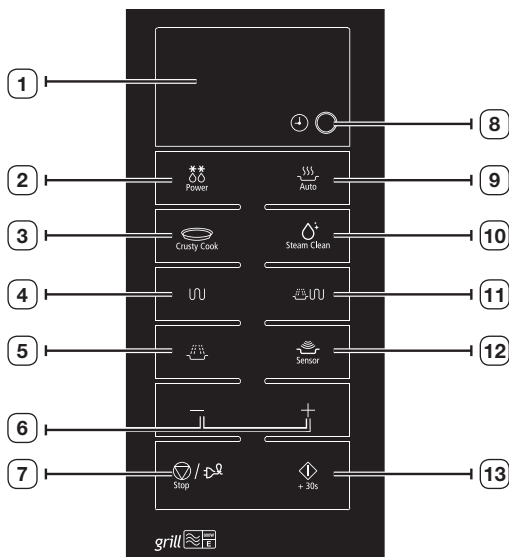
ENGLISH



CONTROL PANEL

MODEL : GS89F

ENGLISH



- | | |
|--|------------------------------|
| 1. DISPLAY | 7. STOP / ENERGY SAVE BUTTON |
| 2. AUTO POWER DEFROST BUTTON | 8. CLOCK SETTING |
| 3. CRUSTY COOK FEATURE BUTTON | 9. AUTO REHEAT SELECTION |
| 4. GRILL MODE SELECTION | 10. STEAM CLEAN BUTTON |
| 5. MICROWAVE/ POWER LEVEL MODE SELECTION | 11. COMBI MODE SELECTION |
| 6. UP (+) / DOWN (−) BUTTON (Cook time, Weight and serving size) | 12. COMBI MODE SELECTION |
| | 13. START BUTTON |

ACCESSORIES

Depending on the model that you have purchased, you are supplied with several accessories that can be used in a variety of ways.

- Coupler**, already placed over the motor shaft in the base of the oven.

Purpose : The coupler rotates the turntable.



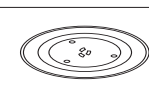
- Roller ring**, to be placed in the centre of the oven.

Purpose : The roller ring supports the turntable.



- Turntable**, to be placed on the roller ring with the centre fitting to the coupler.

Purpose : The turntable serves as the main cooking surface; it can be easily removed for cleaning.



- Grill rack**, to be placed on the turntable.

Purpose : The metal rack can be used in grill and combination cooking.



- Clean Water Bowl** see page 12.

Purpose : The water bowl can be used to clean.



- Crusty plate**, see page 17 to 19.

Purpose : The crusty plate when using auto crusty cook function or manual crusty cook function.





USING THIS INSTRUCTION BOOKLET

You have just purchased a SAMSUNG microwave oven. Your Owner's Instructions contain valuable information on cooking with your microwave oven:

- Safety precautions
- Suitable accessories and cookware
- Useful cooking tips
- Cooking tips

IMPORTANT SAFETY INFORMATION

IMPORTANT SAFETY INSTRUCTIONS.

READ CAREFULLY AND KEEP FOR FUTURE REFERENCE.

Before using the oven, confirm that the following instructions are followed.

- Use this appliance only for its intended purpose as described in this instruction manual. Warnings and Important Safety Instructions in this manual do not cover all possible conditions and situations that may occur. It is your responsibility to use common sense, caution, and care when installing, maintaining, and operating your appliance.
- Because these following operating instructions cover various models, the characteristics of your microwave oven may differ slightly from those described in this manual and not all warning signs may be applicable. If you have any questions or concerns, contact your nearest service centre or find help and information online at www.samsung.com.
- This microwave oven is supposed for heating food. It is intended for domestic home-use only. Do not heat any type of textiles or cushions filled with grains, which could cause burns and fire. The manufacturer cannot be held liable for damage caused by improper or incorrect use of the appliance.
- Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possible result in a hazardous situation.

LEGEND FOR SYMBOLS AND ICONS



WARNING

Hazards or unsafe practices that may result in **severe personal injury or death.**



CAUTION

Hazards or unsafe practices that may result in **minor personal injury or property damage.**



Warning; Fire hazard



Warning; Hot surface



Warning; Electricity



Warning; Explosive material



Do NOT attempt.



Follow directions explicitly.



Do NOT disassemble.



Unplug the power plug from the wall socket.



Do NOT touch.



Make sure the machine is grounded to prevent electric shock.



Call the service center for help.



Note



Important

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY.

Failure to observe the following safety precautions may result in harmful exposure to microwave energy.

- Under no circumstances should any attempt be made to operate the oven with the door open or to tamper with the safety interlocks (door latches) or to insert anything into the safety interlock holes.
- Do NOT place any object between the oven door and front face or allow food or cleaner residues to accumulate on sealing surfaces. Ensure that the door and door sealing surfaces are kept clean by wiping after use first with a damp cloth and then with a soft dry cloth.
- Do NOT operate the oven if it is damaged until it has been repaired by a qualified microwave service technician trained by the manufacturer. It is particularly important that the oven door closes properly and that there is no damage to the:

- (1) door (bent)
- (2) door hinges (broken or loose)
- (3) door seals and sealing surfaces
- (d) The oven should not be adjusted or repaired by anyone other than a properly qualified microwave service technician trained by the manufacturer.

This product is a Group 2 Class B ISM equipment. The definition of group 2 which contains all ISM equipment in which radio-frequency energy is intentionally generated and/or used in the form of electromagnetic radiation for the treatment of material, and EDM and arc welding equipment.

For Class B equipment is equipment suitable for use in domestic establishments and in establishments directly connected to a low voltage power supply network which supplies buildings used for domestic purposes.

IMPORTANT SAFETY INSTRUCTIONS

Make sure that these safety precautions are obeyed at all times.

 WARNING    				
 Only qualified staff should be allowed to modify or repair the microwave oven.	✓	✓	✓	✓
 Do not heat liquids and other food in sealed containers for microwave function.	✓	✓	✓	✓
 For your safety, do not use high-pressure water cleaners or steam jet cleaners.	✓	✓	✓	✓
 Do not install this appliance; near heater, inflammable material; in a humid, oily or dusty location, in a location exposed to direct sunlight and water or where gas may leak; on un level ground.	✓	✓	✓	✓
 This appliance must be properly grounded in accordance with local and national codes.	✓	✓	✓	✓
 Remove all foreign substances such as dust or water from the power plug terminals and contact points using a dry cloth on a regular basis.	✓	✓	✓	✓
 Do not pull or excessively bend or place heavy object on the power cord.	✓	✓	✓	✓
 In the event of a gas leak (such as propane gas, LP gas, etc.), ventilate immediately without touching the power plug.	✓	✓	✓	✓
 Do not touch the power plug with wet hands.	✓	✓	✓	✓

 Do not turn the appliance off by unplugging the power plug while an operation is in progress.	✓	✓	✓	✓
 Do not insert fingers or foreign substances, If any foreign substance such as water has entered the appliance, unplug the power plug and contact your nearest service centre.	✓	✓	✓	✓
 Do not apply excessive pressure or impact to the appliance.	✓	✓	✓	✓
 Do not place the oven over a fragile object such as a sink or glass object. (Counter top model only.)	✓	✓		
 Do not use benzene, thinner, alcohol, steam cleaner or high pressure cleaner to clean the appliance.	✓	✓	✓	✓
 Ensure that the power voltage, frequency and current are the same as those of the product specifications.	✓	✓		✓
 Plug the power plug into the wall socket firmly. Do not use a multiple plug adapter, an extension cord or an electric transformer.	✓	✓	✓	
 Do not hook the power cord on a metal object, insert the power cord between the objects or behind the oven.	✓	✓	✓	
 Do not use a damaged power plug, damaged power cord or loose wall socket. When the power plug or power cord is damaged, contact your nearest service centre.	✓	✓	✓	✓
 Appliances are not intended to be operated by means of an external timer or separate remote-control system.	✓	✓		
 Do not pour or directly spray water onto the oven.	✓	✓		
 Do not place objects on the oven, inside or on the door of the oven.	✓	✓	✓	
 Do not spray volatile material such as insecticide onto the surface of the oven.	✓	✓		
 Children should be supervised to ensure that they do not play with the appliance	✓	✓	✓	✓
 The appliance is not intended for installing in road vehicles, caravans and similar vehicles etc.	✓	✓	✓	✓
 Do not store flammable materials in the oven. Take special care when heating dishes or drinks that contain alcohol as alcohol vapours may contact a hot part of the oven.	✓		✓	✓



☐	The microwave oven is intended to be used on the counter or counter top use only, the microwave oven shall not be placed in a cabinet. (Counter top model only.)	✓	✓	✓	✓
☒	WARNING: The appliance and its accessible parts become hot during use. Care should be taken to avoid touching heating elements. Children less than 8 years of age shall be kept away unless continuously supervised.	✓	✓	✓	✓
☒	WARNING: Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.	✓	✓	✓	✓
☒	This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.	✓	✓	✓	✓
☐	WARNING: If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.	✓	✓	✓	✓
☐	WARNING: It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.	✓	✓	✓	✓
☐	WARNING: Ensure that the appliance is switched off before replacing the lamp to avoid the possibility of electric shock.	✓	✓	✓	
☐	WARNING: Liquids and other foods must not be heated in sealed containers since they are liable to explode.	✓		✓	✓
☐	WARNING: Accessible parts may become hot during use. To avoid burns young children should be kept away.	✓		✓	

☒	WARNING: Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container; To prevent this situation ALWAYS allow a standing time of at least 20 seconds after the oven has been switched off so that the temperature can equalize. Stir during heating, if necessary, and ALWAYS stir after heating. In the event of scalding, follow these FIRST AID instructions: - Immerse the scalded area in cold water for at least 10 minutes. - Cover with a clean, dry dressing. - Do not apply any creams, oils or lotions.	✓	✓	✓	✓
☒	During use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven.	✓		✓	✓
☒	WARNING: The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns;			✓	
☒	The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.	✓	✓	✓	✓
☒	This oven should be positioned proper direction and height permitting easy access to cavity and control area.	✓	✓	✓	✓
☒	Before using the your oven first time, oven should be operated with the water during 10 minute and then used.	✓	✓	✓	✓
☒	This microwave oven has to be positioned so that plug is accessible. If the oven generates a strange noise, a burning smell, or smoke is emitted, unplug the power plug immediately and contact your nearest service center.	✓	✓	✓	✓
☐	during cleaning conditions the surfaces may get hotter than usual and children should be kept away. (Cleaning function model only.)		✓	✓	
☐	Excess spillage must be removed before cleaning and utensils which state in cleaning manual can be left in the oven during cleaning. (Cleaning function model only.)	✓	✓	✓	✓

★	Appliance should allow to disconnection of the appliance from the supply after installation. The disconnection may be achieved by having the plug accessible or by incorporating a switch in the fixed wiring in accordance with the wiring rules. (Built-in model only.)	✓	✓	✓	✓
🔧	If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.	✓			

⚠ CAUTION

★	Only use utensils that are suitable for use in microwave ovens; DO NOT use any metallic containers, Dinnerware with gold or silver trimmings, Skewers, forks, etc. Remove wire twist ties from paper or plastic bags. Reason: Electric arcing or sparking may occur and may damage the oven.	✓		✓	✓
★	When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition;	✓		✓	
🚫	Do not use your microwave oven to dry papers or clothes.	✓		✓	✓
★	Use shorter times for smaller amounts of food to prevent overheating and burning food.	✓		✓	✓
🔥	If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames;	✓		✓	✓
★	The oven should be cleaned regularly and any food deposits removed;	✓	✓		✓
🚫	Do not immerse the power cable or power plug in water and keep the power cable away from heat.	✓	✓		
🚫	Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended; Also do not heat airtight or vacuum-sealed bottles, jars, containers, nuts inshells, tomatoes etc.			✓	✓
🚫	Do not cover the ventilation slots with cloth or paper. They may catch fire as hot air escapes from the oven. The oven may also overheat and switch itself off automatically, and will remain off until it cools sufficiently.	✓		✓	

🚫	Always use oven mitts when removing a dish from the oven to avoid unintentional burns.		✓	
🚫	Do not touch heating elements or interior oven walls until the oven has cooled down.		✓	
★	Stir liquids halfway during heating or after heating ends and allow the liquid stand at least 20 seconds after heating to prevent eruptive boiling.		✓	
★	Stand at arms length from the oven when opening the door to avoid getting scalded by escaping hot air or steam.		✓	
🚫	Do not operate the microwave oven when it is empty. The microwave oven will automatically shut down for 30 minutes for safety purposes. We recommend placing a glass of water inside the oven at all times to absorb microwave energy in case the microwave oven is started accidentally.	✓		✓
🚫	Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.	✓		✓
★	Install the oven in compliance with the clearances stated in this manual. (See installing your microwave oven.)	✓		✓
★	Take care when connecting other electrical appliances to sockets near the oven.	✓	✓	✓

❌ CORRECT DISPOSAL OF THIS PRODUCT (WASTE ELECTRICAL & ELECTRONIC EQUIPMENT)

(Applicable in the European Union and other European countries with separate collection systems)

This marking on the product, accessories or literature indicates that the product and its electronic accessories (e.g. charger, headset, USB cable) should not be disposed of with other household waste at the end of their working life. To prevent possible harm to the environment or human health from uncontrolled waste disposal, please separate these items from other types of waste and recycle them responsibly to promote the sustainable reuse of material resources.

Household users should contact either the retailer where they purchased this product, or their local government office, for details of where and how they can take these items for environmentally safe recycling.

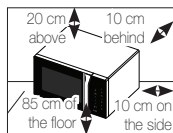
Business users should contact their supplier and check the terms and conditions of the purchase contract. This product and its electronic accessories should not be mixed with other commercial wastes for disposal.



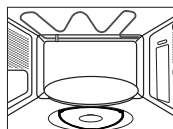
INSTALLING YOUR MICROWAVE OVEN

Place the oven on a flat level surface 85cm above the floor. The surface should be strong enough to safely bear the weight of the oven.

- When you install your oven, make sure there is adequate ventilation for your oven by leaving at least 10 cm (4 inches) of space behind and, on the sides of the oven and 20 cm (8 inches) of space above.



- Remove all packing materials inside the oven. Install the roller ring and turntable. Check that the turntable rotates freely.



- This microwave oven has to be positioned so that plug is accessible.

- If the supply cord is damaged, it must be replaced by a special cord or assembly available from the manufacturer or its service agent. For your personal safety, plug the cable into a 3-pin, 230 Volt, 50 Hz, AC earthed socket. If the power cable of this appliance is damaged, it must be replaced by a special cable.
- Do not install the microwave oven in hot or damp surroundings like next to a traditional oven or radiator. The power supply specifications of the oven must be respected and any extension cable used must be of the same standard as the power cable supplied with the oven. Wipe the interior and the door seal with a damp cloth before using your microwave oven for the first time.

SETTING THE TIME

Your microwave oven has an inbuilt clock. When power is supplied, “:00”, “88:88” or “12:00” is automatically displayed on the display. Please set the current time. The time can be displayed in either the 24-hour or 12-hour notation. You must set the clock:

- When you first install your microwave oven
- After a power failure

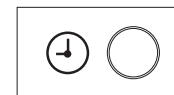
- Do not forget to reset the clock when you switch to and from summer and winter time.

- To display the time in the...

24-hour notation
12-hour notation

Then press the button...

Once
Twice



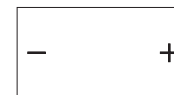
- Press the and buttons to set the hour.



- Press the button.



- Press the and buttons to set the minute.



- Press the button.



WHAT TO DO IF YOU ARE IN DOUBT OR HAVE A PROBLEM

If you have any of the problems listed below try the solutions given.

This is normal.

- Condensation inside the oven
- Air flow around the door and outer casing.
- Light reflection around the door and outer casing.
- Steam escaping from around the door or vents.

The oven does not start when you press the button.

- Is the door completely closed?

The food is not cooked at all.

- Have you set the timer correctly and/or pressed the  button?
- Is the door closed?
- Have you overloaded the electric circuit and caused a fuse to blow or a breaker to be triggered?

The food is either overcooked or undercooked.

- Was the appropriate cooking length set for the type of food?
- Was an appropriate power level chosen?

Sparkling and cracking occur inside the oven (arcing).

- Have you used a dish with metal trimmings?
- Have you left a fork or other metal utensil inside the oven?
- Is aluminium foil too close to the inside walls?

The oven causes interference with radios or televisions.

- Slight interference may be observed on televisions or radios when the oven is operating. This is normal. To solve this problem, install the oven away from televisions, radios and aerials.
- If interference is detected by the oven's microprocessor, the display may be reset. To solve this problem, disconnect the power plug and reconnect it. Reset the time.

 If the above guidelines do not enable you to solve the problem, contact your local dealer or SAMSUNG after-sales service.

COOKING/REHEATING

The following procedure explains how to cook or reheat food.

Always check your cooking settings before leaving the oven unattended. First, place the food in the centre of the turntable. Then, close the door

1. Press the  button.

Result : The 800 W (maximum cooking power) indications are displayed:
Select the appropriate power level by pressing the  button again until the corresponding wattage is displayed. Refer to the power level table.



2. Set the cooking time by Pressing the (—) and (+) buttons as required.

— +

3. Press the  button.

Result : The oven light comes on and the turntable starts rotating.

- 1) Cooking starts and when it has finished the oven beeps four times.
- 2) The end reminder signal will beep 3 times (once every minute).
- 3) The current time is displayed again.



 **Never** switch the microwave oven on when it is empty.

 If you wish to heat a dish for a short period of time at maximum power (800 W), simply press the **+30s** button once for each 30 seconds of cooking time. The oven starts immediately.



POWER LEVELS

You can choose among the power levels below.

Power level	Output	
	MWO	GRILL
HIGH	800 W	-
MEDIUM HIGH	600 W	-
MEDIUM	450 W	-
MEDIUM LOW	300 W	-
DEFROST (**)	180 W	-
LOW/KEEP WARM	100 W	-
GRILL	-	1100 W
COMBI I (㉟㉟)	600 W	1100 W
COMBI II (㉟㉟)	450 W	1100 W
COMBI III (㉟㉟)	300 W	1100 W

☑ If you select higher power level, the cooking time must be decreased.

☑ If you select lower power level, the cooking time must be increased.

ADJUSTING THE COOKING TIME

You can increase the cooking time by pressing the +30s button once for each 30 seconds to be added.

Press the **+30s** button once for each 30 seconds to be added.

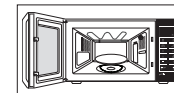


STOPPING THE COOKING

You can stop cooking at any time to check the food.

1. To stop temporarily;
Open the door.

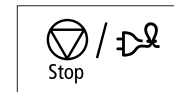
Result : Cooking stops. To resume cooking, close the door and press ◀ again.



2. To stop completely;
Press the ⏻ button.

Result : The cooking stops.

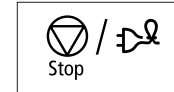
- ☑ You can also cancel any setting before starting by simply pressing **Stop** (⏻).



SETTING THE ENERGY SAVE MODE

The oven has an energy save mode. This facility saves electricity when the oven is not in use.

- Press the **Energy Save** (㉟) button.
- To remove energy save mode, open the door and then display shows current time. The oven is ready for use.



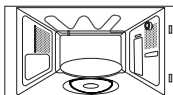
USING THE STEAM CLEANING

The steam provided by steam clean system will soak the cavity surface. After using steam clean function, you can easily clean the cavity of oven.

- ☐ Use this function only after the oven has completely cooled. (Room temperature)

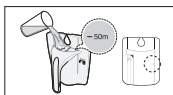
Use normal water only, and no distilled water.

1. Open the Door.

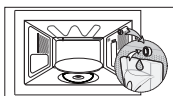


2. Fill with water following guide line (water level) outside the water bowl. (The line is about 50ml.)

- ☑ More than 50 ml water may cause a leak at the back through the hole. Ensure that it is not more than 50 ml.



3. Insert water bowl into upper water bowl holder on the right wall of cooking chamber.

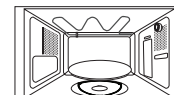


4. Close the door.

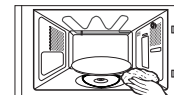
5. Press the **Steam Clean** (☼) button. It can be seen **MISTY** during steam cleaning, but it is not a defect **BUT STEAM SHIELDS THE INSIDE.**



6. Open the Door.



7. Please clean cavity of oven with dried dishtowel. Remove the turntable and only under rack with kitchen paper.



- ⚠ Water Bowl only can be use during "**Steam Clean**" mode.

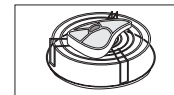
When cooking non-liquid items, remove water bowl because it will damage and cause fire to the microwave oven.

CHOOSING THE ACCESSORIES

Use microwave-safe recipients; do not use plastic containers, dishes, paper cups, towels, etc.

If you wish to select the combined cooking mode (grill and microwave), use only dishes that are microwave-safe and oven-proof.

- ☑ For further details on suitable cookware and utensils, refer to the Cookware Guide on page 21.





USING THE AUTO REHEAT FEATURE

The Auto Reheat feature has four pre-programmed cooking time. You do not need to set either the cooking times or the power level. You can adjust the number of servings by pressing the (—) and (+) buttons. First, place the food in the centre of the turntable and close the door.

1. Select the type of food that you are cooking by pressing the **Auto Reheat** (🍲) button once or more times.



2. Select the size of the serving by pressing the (—) and (+) buttons.
(Refer to the table on the side.)



3. Press the (⬇️) button.

Result : Cooking starts. When it has finished.

- 1) The oven beeps four times.
- 2) The end reminder signal will beep 3 times (once every minute).
- 3) The current time is displayed again.

📝 Use only recipients that are microwave-safe.



AUTO REHEAT SETTINGS

The following table presents the various Auto Reheat Programmes, quantities, standing times and appropriate recommendations.

Code/Food	Portion	Standing time	Recommendations
1. Ready Meal (Chilled) 	300-350 g 400-450 g	3 min.	Put on a ceramic plate and cover with microwave cling film. This programme is suitable for meals consisting of 3 components (e.g. meat with sauce, vegetables and a side dish like potatoes, rice or pasta).
2. Soup/Sauce (Chilled) 	200-250 g 300-350 g 400-450 g	3 min.	Pour the soup/sauce into a deep ceramic soup plate or bowl. Cover during heating and standing time. Stir before and after standing time.
3. Drinks (Coffee, milk, tea, water with room temperature) 	150 ml (1 cup) 250 ml (1 mug)	1-2 min.	Pour into a ceramic cup (150 ml) or mug (250 ml) and place in the centre of turntable. Reheat uncovered. Stir carefully before and after standing time. Be careful while taking the cups out (see safety instructions for liquids).
4. Pasta Gratin (Frozen) 	200 g 400 g	3 min.	Put the frozen pasta gratin into a suitable sized glass pyrex dish. Put the dish on the rack. This programme is suitable for frozen pasta gratin such as lasagne, cannelloni or macaroni.



USING THE AUTO POWER DEFROST FEATURE

The Auto power Defrost feature enables you to defrost meat, poultry, fish and Bread Cake. The defrost time and power level are set automatically. You simply select the programme and the weight.

 Use only dishes that are microwave-safe.

First, place the frozen food in the centre of the turntable and close the door.

1. Select the type of food that you are cooking by pressing the **Power Defrost** (**) button one or more times. (Refer to the table on the side)



2. Select the food weight by pressing the (−) and (+) buttons.
It is possible to set up to a maximum of 1500 g



3. Press the  button.

Result :

- Defrosting begins.
- The oven beeps half way through defrosting to remind you to turn the food over.
- Press  button again to finish defrosting.



 You can also defrost food manually. To do so, select the microwave cooking/reheating function with a power level of 180 W. Refer to the section entitled “Cooking/Reheating” on page 10 for further details.

AUTO POWER DEFROST SETTINGS

The following table presents the various Auto Power Defrost programmes, quantities, standing times and appropriate recommendations.

Remove all kinds of package material before defrosting. Place meat, poultry, fish and Bread Cake on a ceramic plate.

Code/Food	Portion	Standing time	Recommendations
1. Meat 	200-1500 g	20-60 min.	Shield the edges with aluminium foil. Turn the meat over when the oven beeps. This programme is suitable for beef, lamb, pork, steaks, chops and minced meat.
2. Poultry 	200-1500 g	20-60 min.	Shield the leg and wing tips with aluminium foil. Turn the poultry over when the oven beeps. This programme is suitable for whole chicken and chicken portions.
3. Fish 	200-1500 g	20-50 min.	Shield the tail of the whole fish with aluminium foil. Turn the fish over when the oven beeps. This programme is suitable for whole fishes and fish fillets.
4. Bread/Cake 	125-625 g	5-20 min.	Put bread on a piece of kitchen paper and turn over, as soon as the oven beeps. Place cake on a ceramic plate and if possible, turn over, as soon as the oven beeps. (Oven keeps operating and is stopped, when you open the door. This programme is suitable for all kinds of bread, sliced or whole, as well as for bread rolls and baguettes. Arrange bread rolls in a circle. This programme is suitable for all kinds of yeast cake, biscuit, cheese cake and puff pastry. It is not, suitable for short/crust pastry, fruit and cream cakes as well as for cake with chocolate topping.

 Select the Manual Defrosting function with a power level of 180 W if you want to defrost food manually. For further details on manual defrosting and defrosting time, refer to the page 26.



USING THE SENSOR COOK FEATURE

The Five Sensor Cook features include/provide pre-programmed cooking times.

You do not need to set either the cooking times or the power level. You can adjust the Sensor Cook category by pressing the (—) and (+) buttons.

First, place the food in the center of the turntable and close the door.

Use only dishes that are microwave-safe.

1. Select the type of food that you are cooking by pressing the **Sensor Cook** () button one or more times. (Refer to the table on the side).



Sensor

2. Press the  button.

Result : Cooking starts. When it has finished.

- 1) The oven beeps four times.
- 2) The end reminder signal will beep 3 times (once every minute).
- 3) The current time is displayed again.



+ 30s

Use only recipients that are microwave-safe.

SENSOR COOK SETTINGS

The following table presents 5 Sensor Cook Programmes. It contains its recommended weight range per item, standing times after cooking and appropriate recommendations. After you start the programme cooking times and power levels are calculated automatically. The cooking process is controlled by the sensor system for your convenience. Use oven gloves while taking out!

Code/Food	Serving size	Standing time (min.)	Recommendations
1. Broccoli florets 	200-500 g	1-2	Wash and clean broccoli and prepare florets. Put them evenly into a glass bowl with lid. Add 30-45 ml water (2-3 tablespoons). Put bowl in the centre of turntable. Cook covered. Stir after cooking. This programme is suitable for broccoli as well as courgette, egg plant, pumpkin or pepper.
2. Sliced carrots 	200-500 g	1-2	Wash and clean carrots and cut into round slices evenly. Put them into a glass bowl with lid. Add 30-45 ml water (2-3 tablespoons). Put bowl in the centre of turntable. Cook covered. Stir after cooking. This programme is suitable for carrots as well as cauliflower florets or turnip cabbage.
3. Peeled potatoes 	200-800 g	2-3	Wash and peel the potatoes and cut into a similar size. Put them into a glass bowl with lid. Add 45-60 ml (3-4 tablespoons) water. Put bowl in the centre of turntable. Cook covered.
4. Chilled soup 	250-500 g	2-3	Pour into a deep ceramic plate or bowl and cover with plastic lid during heating. Put soup in the centre of turntable. Stir carefully before and after standing time.
5. Frozen soup (-18 °C) 	250-500 g	2-3	Pierce film of frozen soup and put in the centre of turntable. Put soup in the centre of turntable. Stir carefully before and after standing time.



Auto Sensor Cooking Instructions

The Auto Sensor allows you to cook your food automatically by detecting the amount of gases generated from the food while cooking.

- When cooking food, many kinds of gases are generated. The Auto Sensor determines the proper time and power level by detecting these gases from the food, eliminating the need to set the cooking time and power level.
- When you cover a container with its lid or plastic wrap during Sensor Cooking, the Auto Sensor will detect the gases generated after the container has been saturated with steam.
- Shortly before cooking ends, the remaining cooking time will begin its count down. This will be a good time for you to rotate or stir the food for even cooking if it is necessary.
- Before auto sensor cooking food may be seasoned with herbs, spices or browning sauces. A word of caution though, salt or sugar may cause burn spots on food so these ingredients should be added after cooking.
- The More/Less function pad is used to increase or decrease cooking time. You should use this function to adjust the degree of cooking to suit your personal taste. Utensils & Cover For Sensor Cooking.
- To obtain good cooking results with this function, follow the directions for selecting appropriate containers and covers in the charts in this book.
- Always use microwave-safe containers and cover them with their lids or with plastic wrap. When using plastic wrap, turn back one corner to allow steam to escape at the proper rate.
- Always cover with the lid intended for the utensil being used. If the utensil does not have its own lid, use plastic wrap.
- Fill containers at least half full.
- Foods that require stirring or rotating should be stirred or turned toward the end of the Sensor Cook cycle, after the time has started to count down on the display.

Utensils & Cover For Sensor Cooking

- To obtain good cooking results with this function, follow the directions for selecting appropriate containers and covers in the charts in this book.
- Always use microwave-safe containers and cover them with their lids or with plastic wrap. When using plastic wrap, turn back one corner to allow steam to escape at the proper rate.
- Always cover with the lid intended for the utensil being used. If the utensil does not have its own lid, use plastic wrap.
- Fill containers at least half full.
- Foods that require stirring or rotating should be stirred or turned toward the end of the Sensor Cook cycle, after the time has started to count down on the display.

Important

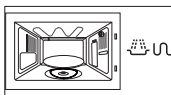
- After installing the oven and plugging into an electrical outlet, do not unplug the power cord. The gas sensor needs time to stabilize in order to cook satisfactorily.
 - It is not advisable to use the auto sensor cooking feature on a continuous cooking operation, i.e. one cooking operation immediately after another.
 - Install the oven in a well ventilated location for proper cooling and airflow and to ensure the sensor will operate accurately.
 - To avoid poor results, do not use the Auto sensor when the room ambient temperature is too high or too low.
 - Do not use volatile detergent to clean your oven. Gas resulting from this detergent may affect the sensor.
 - Avoid placing the oven near high moisture or gas emitting appliances, since this will interfere with the proper performance of the Auto Sensor.
 - Always keep the inside of the oven clean. Wipe all spills with a damp cloth.
- This oven is designed for household use only.



USING THE AUTO CRUSTY COOK FUNCTION

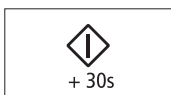
With the Auto Crusty Cook feature, the cooking time is set automatically. You can adjust the number of servings by pressing the (←) and (→) buttons. First, place the crusty plate in the centre of the turntable and close the door.

1. Place the crusty plate directly on the turntable and preheat it with highest Microwave-Grill-Combination. By pressing the **Combi** (🔥👤) button and set the preheat time (3 to 5 minutes) by pressing the (←) and (→) buttons.

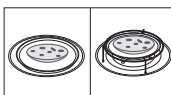


2. Press the ⬇ button.

- ☑ Always use oven gloves to take out the crusty plate, as will become very hot.



3. Open the oven door.
Place the food on the crusty plate.
Close the door.

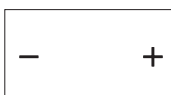


- ☑ Place the crusty plate on the metal rack (or turntable) in the microwave.

4. Select the type of food that you are cooking by pressing the **Crusty Cook** (👤) button once or more times.



5. Select the size of the serving by pressing the (←) and (→) buttons.
(Refer to the table on the side)



6. Press the ⬇ button.

Result :

- Cooking start. When it has finished.
- 1) The oven beeps four times.
 - 2) The end reminder signal will beep 3 times (once every minute).
 - 3) The current time is displayed again.



How to clean the Crusty Plate

Clean the crusty plate with warm water and detergent and rinse off with clean water.

- ☑ Do not use a scrubbing brush or a hard sponge otherwise the top layer will be damaged.

Please Note

The crusty plate is not dishwasher-safe.

AUTO CRUSTY COOK SETTINGS

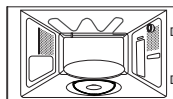
The following table presents 4 Crusty Cook Programmes. Please follow the recommended quantities, standing times and appropriate recommendations.

Code/Food	Serving size	Preheating time (min.)	Standing time (min.)	Recommendations
1. Frozen Pizza (-18 °C) ***	200 g 300 g 400 g	5	-	Preheat the crusty plate using 600 W + grill. Put pizza on crusty plate. Put crusty plate on rack.
2. Frozen Baguettes ***	150 g (1 pc) 250 g (2 pcs)	4	2-3	Preheat the crusty plate using 450 W + grill. Put one baguette off-center on crusty plate, put 2 baguettes side by side on the crusty plate. This programme is suitable for baguettes with topping, (e.g. vegetables, ham and cheese) as well as pizza snacks.
3. Frozen Quiche / Pie (-18 °C) ***	150 g (1 pc) 300 g (1-2 pcs)	3	1-2	Preheat the crusty plate using 600 W + grill. Put frozen quiche/ pie on crusty plate. Put crusty plate on rack.
4. Frozen Chicken Nuggets ***	125 g 250 g	4	-	Preheat the crusty plate using 600 W + grill. Brush crusty plate with one tbsp. oil. Distribute chicken nuggets evenly on crusty plate. Turn over when the oven beeps. Push start button to continue cooking.

USING THE MANUAL CRUSTY COOK FUNCTION

This crusty plate allows you to brown food not only on the top with the grill, but also the bottom of the food turns crispy and brown due to the high temperature of the crusty plate. Several items which you can prepare on the crusty plate can be found in the chart (see next page). The crusty plate can also be used for bacon, eggs, sausages, etc.

1. Place the crusty plate directly on the turntable and preheat it with highest Microwave-Grill-Combination [600 W + Grill (🔥🔥)] by following the times and instructions in the chart.



- ☑ Always use oven gloves to take out the crusty plate, as will become very hot.

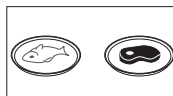
2. Brush the plate with oil if you are cooking food, such as bacon and eggs, in order to brown the food nicely.

- ☑ Please note that the crusty plate has a teflon layer which is not scratch-resistant. Do not use any sharp objects like a knife to cut on the crusty plate.

- ☑ Use plastic accessories to avoid scratches on the surface of the crusty plate or remove the food from the plate before cutting.

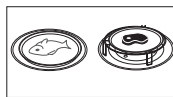
3. Place the food on the crusty plate.

- ☑ Do not place any objects on the crusty plate that are not heat-resistant; e.g. plastic bowls.



- ☑ Never place the crusty plate in the oven without turntable.

4. Place the crusty plate on the metal rack (or turntable) in the microwave.



5. Select the appropriate cooking time and power. (Refer to the table on the side)

How to clean the Crusty Plate

Clean the crusty plate with warm water and detergent and rinse off with clean water.

Do not use a scrubbing brush or a hard sponge otherwise the top layer will be damaged.

Please Note

The crusty plate is not dishwasher-safe.

MANUAL CRUSTY COOK SETTINGS

We recommend to preheat the crusty plate directly on the turntable.

Preheat crusty plate with 600 W + Grill (🔥🔥) function for 3-5 minutes.

Follow the times and instructions in the table.

Food	Serving size	Preheating time	Power	Cooking time (min.)	Recommendations
Bacon	4 slices (80 g)	3 min.	600 W+ Grill	3½-4	Preheat crust plate. Put slices side by side on crust plate. Put crust plate on rack.
Grilled Tomatoes	200 g (2 pcs)	3 min.	450 W+ Grill	4-5	Preheat crust plate. Cut tomatoes in halves. Put some cheese on top. Arrange in a circle on crust plate. Put crust plate on rack.
Baked Potatoes	250 g 500 g	3 min.	600 W+ Grill	5-6 8-9	Preheat crust plate. Cut potatoes in halves. Put them on the crust plate with the cut-side to the bottom. Arrange in a circle. Put the plate on the rack.
Frozen Burger	2 pieces (125 g)	3 min.	600 W+ Grill	7-7½	Preheat crust plate. Put frozen burger side by side on the crust plate. Put crust plate on rack. Turn over after 4-5 min.



Food	Serving size	Preheating time	Power	Cooking time (min.)	Recommendations
Frozen Baguettes	200-250 g (2 pcs)	3 min.	450 W + Grill	8-9	Preheat crust plate. Put baguettes with topping (e.g. tomato-cheese) side by side on the plate. Put crust plate on rack.
Frozen Pizza	300-400 g	5 min.	450 W + Grill	9-11	Preheat the crust plate. Put the frozen pizza on the crust plate. Put crust plate on rack.
Frozen Mini-Pizza-Snack	9x30 g (270 g)	3 min.	300 W + Grill	9-10	Preheat crust plate. Distribute pizza snacks evenly on crust plate. Put the plate on the rack.
Chilled Pizza	300-350 g	5 min.	450 W + Grill	6½-7½	Preheat crust plate. Put the chilled pizza on the plate. Put crust plate on rack.
Frozen Fish Fingers	150 g (5 pcs) 300 g (10 pcs)	4 min.	600 W + Grill	7-8 9-10	Preheat crust plate. Brush plate with 1 tbsp. oil. Put fish fingers in a circle on the plate. Turn over after 4 min (5pcs) or after 6 min. (10 pcs).
Frozen Chicken Nuggets	125 g 250 g	4 min.	600 W + Grill	5-6 7-8	Preheat crust plate. Brush plate with 1 tbsp. oil. Put chicken nuggets on the plate. Put crust plate on rack. Turn over after 3 min (125 g) or 5 min. (250 g).

GRILLING

The grill enables you to heat and brown food quickly, without using microwaves. To this aim, a grill rack is supplied with your microwave oven.

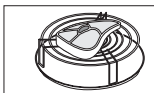
1. Preheat the grill to the required temperature, by pressing the **Grill** (U) button and set the preheat time by pressing the (←) and (→) buttons.



2. Press the (I) button.



3. Open the door and place the food on the rack.
Close the door.



4. Press the U button.

Result : The following indications are displayed:



5. Set the Grilling time by pressing the (←) and (→) buttons. The maximum grilling time is 60 minutes.



6. Press the (I) button.

Result : Grilling cooking start. When it has finished

- 1) The oven beeps four times.
- 2) The end reminder signal will beep 3 times (once every minute).
- 3) The current time is displayed again.



Do not worry if the heater turns off and on while grilling. This system is designed to prevent overheating of the oven.

Always use oven gloves when touching the dishes in the oven, as they will be very hot.
Check that the heating element is in the horizontal position.

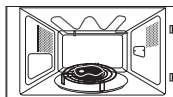
COMBINING MICROWAVES AND THE GRILL

You can also combine microwave cooking with the grill, to cook quickly and brown at the same time.

 **ALWAYS** use microwave-safe and oven-proof cookware. Glass or ceramic dishes are ideal as they allow the microwaves to penetrate the food evenly.

 **ALWAYS** use oven gloves when touching the recipients in the oven, as they will be very hot.

1. Open the oven door.
Place the food on the rack and the rack on the turntable. Close the door.



2. Press the **Combi** (微波烧烤) button.

Result : The following indications are displayed:
微波烧烤 (microwave and grill mode) 600 W (out power)



 Select the appropriate power level by pressing the **Combi** (微波烧烤) button again until the corresponding power level is displayed.

 You cannot set the temperature of the grill.

3. Set the cooking time by pressing the (—) and (+) buttons as required. The maximum cooking time is 60 minutes.



4. Press the  button.

Result : Combination cooking starts. When it has finished

- 1) The oven beeps four times.
- 2) The end reminder signal will beep 3 times (once every minute).
- 3) The current time is displayed again.



 The maximum microwave power for the combined microwave and grill mode is 600 W.

SWITCHING THE BEEPER OFF

You can switch the beeper off whenever you want.

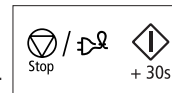
1. Press the  and  buttons at the same time.

Result :

- The following indication is displayed.



- The oven does not beep each time you press a button.



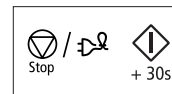
2. To switch the beeper back on, press the  and  buttons again at the same time.

Result :

- The following indication is displayed.



- The oven operates with the beeper on again.



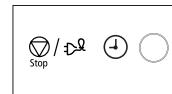
SAFETY-LOCKING YOUR MICROWAVE OVEN

Your microwave oven is fitted with a special Child Safety programme, which enables the oven to be "locked" so that children or anyone unfamiliar with it cannot operate it accidentally. The oven can be locked at any time.

1. Press the  and  buttons at the same time.

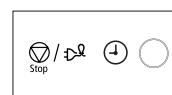
Result :

- The oven is locked (no functions can be selected).
- The display shows "L".



2. To unlock the oven, press the  and  buttons again at the same time.

Result : The oven can be used normally.





COOKWARE GUIDE

To cook food in the microwave oven, the microwaves must be able to penetrate the food, without being reflected or absorbed by the dish used. Care must therefore be taken when choosing the cookware. If the cookware is marked microwave-safe, you do not need to worry. The following table lists various types of cookware and indicates whether and how they should be used in a microwave oven.

Cookware	Microwave-Safe	Comments
Aluminium foil	✓ ✗	Can be used in small quantities to protect areas against overcooking. Arcing can occur if the foil is too close to the oven wall or if too much foil is used
Browning plate	✓	Do not preheat for more than eight minutes.
China and earthenware	✓	Porcelain, pottery, glazed earthenware and bone china are usually suitable, unless decorated with a metal trim.
Disposable polyester cardboard dishes	✓	Some frozen foods are packaged in these dishes.
Fast-food packaging		
• Polystyrene cups containers	✓	Can be used to warm food. Overheating may cause the polystyrene to melt.
• Paper bags or newspaper	✗	May catch fire.
• Recycled paper or metal trims	✗	May cause arcing.
Glassware		
• Oven-to-table ware	✓	Can be used, unless decorated with a metal trim.
• Fine glassware	✓	Can be used to warm foods or liquids. Delicate glass may break or crack if heated suddenly.

Cookware	Microwave-Safe	Comments
• Glass jars	✓	Must remove the lid. Suitable for warming only.
Metal		
• Dishes	✗	May cause arcing or fire.
• Freezer bag twist ties	✗	
Paper		
• Plates, cups, napkins and Kitchen paper	✓	For short cooking times and warming. Also to absorb excess moisture.
• Recycled paper	✗	May cause arcing.
Plastic		
• Containers	✓	Particularly if heat-resistant thermoplastic. Some other plastics may warp or discolour at high temperatures. Do not use Melamine plastic.
• Cling film	✓	Can be used to retain moisture. Should not touch the food. Take care when removing the film as hot steam will escape.
• Freezer bags	✓ ✗	Only if boilable or oven-proof. Should not be airtight. Prick with a fork, if necessary.
Wax or grease-proof paper	✓	Can be used to retain moisture and prevent spattering.

✓ : Recommended

✓ ✗ : Use Caution

✗ : Unsafe



COOKING GUIDE

MICROWAVES

Microwave energy actually penetrates food, attracted and absorbed by its water, fat and sugar content.

The microwaves cause the molecules in the food to move rapidly. The rapid movement of these molecules creates friction and the resulting heat cooks the food.

COOKING

Cookware for microwave cooking:

Cookware must allow microwave energy to pass through it for maximum efficiency. Microwaves are reflected by metal, such as stainless steel, aluminium and copper, but they can penetrate through ceramic, glass, porcelain and plastic as well as paper and wood. So food must never be cooked in metal containers.

Food suitable for microwave cooking:

Many kinds of food are suitable for microwave cooking, including fresh or frozen vegetables, fruit, pasta, rice, grains, beans, fish, and meat. Sauces, custard, soups, steamed puddings, preserves, and chutneys can also be cooked in a microwave oven. Generally speaking, microwave cooking is ideal for any food that would normally be prepared on a hob. Melting butter or chocolate, for example (see the chapter with tips, techniques and hints).

Covering during cooking

To cover the food during cooking is very important, as the evaporated water rises as steam and contributes to cooking process.

Food can be covered in different ways: e.g. with a ceramic plate, plastic cover or microwave suitable cling film.

Standing times

After cooking is over food the standing time is important to allow the temperature to even out within the food.

Cooking Guide for frozen vegetables

Use a suitable glass pyrex bowl with lid. Cook covered for the minimum time – see table. Continue cooking to get the result you prefer.

Stir twice during cooking and once after cooking. Add salt, herbs or butter after cooking. Cover during standing time.

Food	Portion	Power	Time (min.)	Standing time (min.)	Instructions
Spinach	150 g	600 W	4½-5½	2-3	Add 15 ml (1 tablespoon) cold water.
Broccoli	300 g	600 W	9-10	2-3	Add 30 ml (2 tbsp.) cold water.
Peas	300 g	600 W	7½-8½	2-3	Add 15 ml (1 tbsp.) cold water.
Green Beans	300 g	600 W	8-9	2-3	Add 30 ml (2 tbsp.) cold water.
Mixed Vegetables (carrots/peas/corn)	300 g	600 W	7½-8½	2-3	Add 15 ml (1 tbsp.) cold water.
Mixed Vegetables (Chinese style)	300 g	600 W	8-9	2-3	Add 15 ml (1 tbsp.) cold water.



Cooking Guide for rice and pasta

Rice : Use a large glass pyrex bowl with lid – rice doubles in volume during cooking. Cook covered. After the cooking time is over, stir before standing time and salt or add herbs and butter.
Remark: the rice may not have absorbed all water after the cooking time is finished.

Pasta : Use a large glass pyrex bowl. Add boiling water, a pinch of salt and stir well. Cook uncovered.
Stir occasionally during and after cooking. Cover during standing time and drain thoroughly afterwards.

Food	Portion	Power	Time (min.)	Standing time (min.)	Instructions
White Rice (parboiled)	250 g	800 W	16-17	5	Add 500 ml cold water.
Brown Rice (parboiled)	250 g	800 W	21-22	5	Add 500 ml cold water.
Mixed Rice (rice + wild rice)	250 g	800 W	17-18	5	Add 500 ml cold water.
Mixed Corn (rice + grain)	250 g	800 W	18-19	5	Add 400 ml cold water.
Pasta	250 g	800 W	11-12	5	Add 1000 ml hot water.

Cooking Guide for fresh vegetables

Use a suitable glass pyrex bowl with lid. Add 30-45 ml cold water (2-3 tbsp.) for every 250 g unless another water quantity is recommended – see table. Cook covered for the minimum time – see table. Continue cooking to get the result you prefer. Stir once during and once after cooking. Add salt, herbs or butter after cooking.

Cover during a standing time of 3 minutes.

Hint : Cut the fresh vegetables into even sized pieces. The smaller they are cut, the quicker they will cook.

All fresh vegetables should be cooked using full microwave power (800 W).

Food	Portion	Time (min.)	Standing time (min.)	Instructions
Broccoli	250 g 500 g	4-4½ 7-7½	3	Prepare even sized florets. Arrange the stems to the centre.
Brussels Sprouts	250 g	5½-6½	3	Add 60-75 ml (5-6 tbsp.) water.
Carrots	250 g	4½-5	3	Cut carrots into even sized slices.
Cauliflower	250 g 500 g	5-5½ 8½-9	3	Prepare even sized florets. Cut big florets into halves. Arrange stems to the centre.
Courgettes	250 g	3½-4	3	Cut courgettes into slices. Add 30 ml (2 tbsp.) water or a knob of butter. Cook until just tender.
Egg Plants	250 g	3½-4	3	Cut egg plants into small slices and sprinkle with 1 tablespoon lemon juice.
Leeks	250 g	4½-5	3	Cut leeks into thick slices.
Mushrooms	125 g 250 g	1½-2 3-3½	3	Prepare small whole or sliced mushrooms. Do not add any water. Sprinkle with lemon juice. Spice with salt and pepper. Drain before serving.
Onions	250 g	5½-6	3	Cut onions into slices or halves. Add only 15 ml (1 tbsp.) water.
Pepper	250 g	4½-5	3	Cut pepper into small slices.
Potatoes	250 g 500 g	4-5 7½-8½	3	Weigh the peeled potatoes and cut them into similar sized halves or quarters.
Turnip Cabbage	250 g	5-5½	3	Cut turnip cabbage into small cubes.



REHEATING

Your microwave oven will reheat food in a fraction of the time that conventional ovens hobs normally take. Use the power levels and reheating times in the following chart as a guide. The times in the chart consider liquids with a room temperature of about +18 to +20 °C or a chilled food with a temperature of about +5 to +7 °C.

Arranging and covering

Avoid reheating large items such as joint of meat – they tend to overcook and dry out before the centre is piping hot. Reheating small pieces will be more successful.

Power levels and stirring

Some foods can be reheated using 800 W power while others should be reheated using 600 W, 450 W or even 300 W. Check the tables for guidance. In general, it is better to reheat food using a lower power level, if the food is delicate, in large quantities, or if it is likely to heat up very quickly (mince pies, for example). Stir well or turn food over during reheating for best results. When possible, stir again before serving. Take particular care when heating liquids and baby foods. To prevent eruptive boiling of liquids and possible scalding, stir before, during and after heating. Keep them in the microwave oven during standing time. We recommend putting a plastic spoon or glass stick into the liquids. Avoid overheating (and therefore spoiling) the food. It is preferable to underestimate cooking time and add extra heating time, if necessary.

Heating and standing times

When reheating food for the first time, it is helpful to make a note of the time taken – for future reference. Always make sure that the reheated food is piping hot throughout. Allow food to stand for a short time after reheating - to let the temperature even out. The recommended standing time after reheating is 2-4 minutes, unless another time is recommended in the chart. Take particular care when heating liquids and baby food. See also the chapter with the safety precautions.

REHEATING LIQUIDS

Always allow a standing time of at least 20 seconds after the oven has been switched off to allow the temperature to even out. Stir during heating, if necessary, and ALWAYS stir after heating. To prevent eruptive boiling and possible scalding, you should put a spoon or glass stick into the beverages and stir before, during and after heating.

REHEATING BABY FOOD

BABY FOOD: Empty into a deep ceramic plate. Cover with plastic lid. Stir well after reheating! Let stand for 2-3 minutes before serving. Stir again and check the temperature.

Recommended serving temperature: between 30-40 °C.

BABY MILK: Pour milk into a sterilised glass bottle. Reheat uncovered. Never heat a baby's bottle with teat on, as the bottle may explode if overheated. Shake well before standing time and again before serving! Always carefully check the temperature of baby milk or food before giving it to the baby. Recommended serving temperature: ca. 37 °C.

REMARK: Baby food particularly needs to be checked carefully before serving to prevent burns. Use the power levels and times in the next table as a guide lines for reheating.



Reheating Baby Food and Milk

Use the power levels and times in this table as guide lines for reheating.

Food	Portion	Power	Time	Standing time (min.)	Instructions
Baby food (vegetables + meat)	190 g	600 W	30 sec.	2-3	Empty into ceramic deep plate. Cook covered. Stir after cooking time. Stand for 2-3 minutes. Before serving, stir well and check the temperature carefully.
Baby porridge (grain + milk + fruit)	190 g	600 W	20 sec.	2-3	Empty into ceramic deep plate. Cook covered. Stir after cooking time. Stand for 2-3 minutes. Before serving, stir well and check the temperature carefully.
Baby milk	100 ml 200 ml	300 W	30-40 sec. 50 sec. to 1 min.	2-3	Stir or shake well and pour into a sterilised glass bottle. Place into the centre of turn-table. Cook uncovered. Shake well and stand for at least 3 minutes. Before serving, shake well and check the temperature carefully.

Reheating Liquids and Food

Use the power levels and times in this table as a guide lines for reheating.

Food	Portion	Power	Time (min.)	Standing time (min.)	Instructions
Drinks (coffee, tea and water)	150 ml (1 cup) 250 ml (1 mug)	800 W	1-1½ 1½ -2	1-2	Pour into cup and reheat uncovered. Put cup/ mug in the centre of turntable. Keep in microwave oven during standing time and stir well.
Soup (chilled)	250 g	800 W	3-3½	2-3	Pour into a deep ceramic plate. Cover with plastic lid. Stir well after reheating. Stir again before serving.
Stew (chilled)	350 g	600 W	5½ -6½	2-3	Put stew in a deep ceramic plate. Cover with plastic lid. Stir occasionally during reheating and again before standing and serving
Pasta with sauce (chilled)	350 g	600 W	4½ -5½	3	Put pasta (e.g. spaghetti or egg noodles) on a flat ceramic plate. Cover with microwave cling film. Stir before serving.
Filled pasta with sauce (chilled)	350 g	600 W	5-6	3	Put filled pasta (e.g. ravioli, tortellini) in a deep ceramic plate. Cover with plastic lid. Stir occasionally during reheating and again before standing and serving.
Plated meal (chilled)	350 g	600 W	5½-6½	3	Plate a meal of 2-3 chilled components on a ceramic dish. Cover with microwave cling-film.

MANUAL DEFROSTING

Microwaves are an excellent way of defrosting frozen food. Microwaves gently defrost frozen food in a short period of time. This can be of great advantage, if unexpected guests suddenly show up.

Frozen poultry must be thoroughly thawed before cooking. Remove any metal ties and take it out of any wrapping to allow thawed liquid to drain away.

Put the frozen food on a dish without cover. Turn over half way, drain off any liquid and remove any giblets as soon as possible.

Check the food occasionally to make sure that it does not feel warm.

If smaller and thinner parts of the frozen food start to warm up, they can be shield by wrapping very small strips of aluminium foil around them during defrosting.

Should poultry start to warm up on the outer surface, stop thawing and allow it to stand for 20 minutes before continuing.

Leave the fish, meat and poultry to stand in order to complete defrosting.

The standing time for complete defrosting will vary depending on the quantity defrosted. Please refer to the table below.

Hint : Flat food defrosts better than thick and smaller quantities need less time than bigger ones. Remember this hint while freezing and defrosting food.

For defrosting of frozen food with a temperature of about -18 to -20 °C, use the following table as a guide.

All frozen food should be defrosted using defrosting power level (180 W).

Food	Portion	Time (min.)	Standing time (min.)	Instructions
Meat				
Minced beef	250 g 500 g	6½-7½ 10-12	5-25	Place the meat on a flat ceramic plate.
Pork steaks	250 g	7½-8½		Shield thinner edges with aluminium foil. Turn over after half of defrosting time!
Poultry				
Chicken pieces	500 g (2 pcs)	14½- 15½	15-40	First, put chicken pieces first skin-side down, whole chicken first breast-side-down on a flat ceramic plate. Shield the thinner parts like wings and ends with aluminium foil. Turn over after half of defrosting time!
Whole chicken	900 g	28-30		
Fish				
Fish fillets	250 g (2 pcs) 400 g (4 pcs)	6-7 12-13	5-15	Put frozen fish in the middle of a flat ceramic plate. Arrange the thinner parts under the thicker parts. Shield narrow ends with aluminium foil. Turn over after half of defrosting time!
Fruits				
Berries	250 g	6-7	5-10	Distribute fruits on a flat, round glass dish (with a large diameter).
Bread				
Bread rolls (each about 50 g)	2 pcs 4 pcs	½-1 2-2½	5-20	Arrange rolls in a circle or bread horizontally on kitchen paper in the middle of turntable.
Toast/Sandwich	250 g	4 ½ -5		Turn over after half of defrosting time!
German bread (wheat+rye flour)	500 g	8-10		



GRILL

The grill-heating element is located underneath the ceiling of the cavity. It operates while the door is closed and the turntable is rotating. The turntable's rotation makes the food brown more evenly. Preheating the grill for 3-4 minutes will make the food brown more quickly.

Cookware for grilling:

Should be flameproof and may include metal. Do not use any type of plastic cookware, as it can melt.

Food suitable for grilling:

Chops, sausages, steaks, hamburgers, bacon and gammon rashers, thin fish portions, sandwiches and all kinds of toast with toppings.

Important remark:

Whenever the grill only mode is used, make sure that the grill-heating element is under the ceiling in the horizontal position and not on the back-wall in the vertical position. Please remember that food must be placed on the high rack, unless another instruction is recommended.

MICROWAVE + GRILL

This cooking mode combines the radiant heat that is coming from the grill with the speed of microwave cooking. It operates only while the door is closed and the turntable is rotating. Due to the rotation of the turntable, the food browns evenly. Three combination modes are available with this model:

600 W + Grill, 450 W + Grill and 300 W + Grill.

Cookware for cooking with microwave + grill

Please use cookware that microwaves can pass through. Cookware should be flameproof. Do not use metal cookware with combination mode. Do not use any type of plastic cookware, as it can melt.

Food suitable for microwave + grill cooking:

Food suitable for combination mode cooking include all kinds of cooked food which need reheating and browning (e.g. baked pasta), as well as foods which require a short cooking time to brown the top of the food. Also, this mode can be used for thick food portions that benefit from a browned and crispy top (e.g. chicken pieces, turning them over half way through cooking). Please refer to the grill table for further details.

Important remark:

Whenever the combination mode (microwave + grill) is used, make sure that the grill heating element is under the ceiling in the horizontal position and not on the back-wall in the vertical position. The food should be placed on the high rack, unless another instruction is recommended. Otherwise it has to be placed directly on the turntable. Please refer to the instructions in the following chart.

The food must be turned over, if it is to be browned on both sides.



Grill Guide for frozen food

Use the power levels and times in this table as guide lines for grilling.

Fresh food	Portion	Power	1st side time (min.)	2nd side time (min.)	Instructions
Bread Rolls (each ca. 50 g)	2 pcs 4 pcs	MW+ Grill	300 W + Grill 1-1½ 2-2½	Grill only 1-2 1-2	Arrange rolls in a circle on rack. Grill the second side of the rolls up to the crisp you prefer. Stand for 2-5 minutes.
Baguettes + topping (tomatoes, cheese, ham, mushrooms)	250-300 g (2 pcs)	450 W + Grill	8-9	-	Put 2 frozen baguettes side by side on the rack. After grilling stand for 2-3 minutes.
Gratin (vegetables or potatoes)	400 g	450 W + Grill	13-14	-	Put frozen gratin into a small, round glass pyrex dish. Put the dish on the rack. After cooking stand for 2-3 minutes.
Pasta (Cannelloni, Macaroni, Lasagne)	400 g	Mw + Grill	600 W + Grill 14-15	Grill only 2-3	Put frozen pasta into a small flat rectangular glass pyrex dish. Put the dish directly on the turntable. After cooking stand for 2-3 minutes.
Chicken Nuggets	250 g	450 W + Grill	5-5½	3-3½	Put chicken nuggets on the rack. Turn over after first time.
Oven Chips	250 g	450 W + Grill	9-11	4-5	Put oven chips evenly on baking paper on the rack.

Grill Guide for fresh food

Preheat the grill with the grill-function for 3-4 minutes.

Use the power levels and times in this table as guide lines for grilling.

Fresh food	Portion	Power	1st side time (min.)	2nd side time (min.)	Instructions
Toast Slices	4 pcs (each 25 g)	Grill only	4-5	4½-5½	Put the toast slices side by side on the rack.
Bread Rolls (already baked)	2-4 pieces	Grill only	2-3	2-3	Put bread rolls first with the bottom side up in a circle directly on the turntable.
Grilled Tomatoes	200 g (2 pcs) 400 g (4 pcs)	MW+ Grill	300 W + Grill 4½-5½ 7-8	Grill only 2-3	Cut tomatoes into halves. Put some cheese on top. Arrange in a circle in a flat glass pyrex dish. Place it on the rack.
Toast Hawaii (ham, pineapple, cheese slices)	2 pcs (300 g)	450 W + Grill	3½-4	-	Toast the bread slices first. Put the toast with topping on the rack. Put 2 toasts opposite directly on the rack. Stand for 2-3 minutes.
Baked Potatoes	250 g 500 g	600 W + Grill	4 ½-5 ½ 8-9	-	Cut potatoes into halves. Put them in a circle on the rack with the cut side to the grill.
Chicken Pieces	450-500 g (2 pcs)	300 W + Grill	10-12	12-13	Prepare chicken pieces with oil and spices. Put them in a circle with the bones to the middle. Put one chicken piece not into the centre of the rack. Stand for 2-3 minutes.
Lamb Chops/ Beef Steaks (medium)	400 g (4 pcs)	Grill only	12-15	9-12	Brush the lamb chops with oil and spices. Lay them in a circle on the rack. After grilling stand for 2-3 minutes.



Fresh food	Portion	Power	1st side time (min.)	2nd side time (min.)	Instructions
Pork Steaks	250 g (2 pcs)	MW +Grill	300 W+ Grill 7-8	Grill only 6-7	Brush the pork steaks with oil and spices. Lay them in a circle on the rack. After grilling stand for 2-3 minutes.
Baked Apples	1 apple (ca.200 g) 2 apples (ca.400 g)	300 W + Grill	4-4½ 6-7	-	Core the apples and fill them with raisins and jam. Put some almond slices on top. Put apples on a flat glass pyrex dish. Place the dish directly on the turntable.

SPECIAL HINTS

MELTING BUTTER

Put 50 g butter into a small deep glass dish. Cover with plastic lid. Heat for 30-40 seconds using 800 W, until butter is melted.

MELTING CHOCOLATE

Put 100 g chocolate into a small deep glass dish. Heat for 3-5 minutes, using 450 W until chocolate is melted. Stir once or twice during melting. Use oven gloves while taking out!

MELTING CRYSTALLIZED HONEY

Put 20 g crystallized honey into a small deep glass dish. Heat for 20-30 seconds using 300 W until honey is melted.

MELTING GELATINE

Lay dry gelatine sheets (10 g) for 5 minutes into cold water. Put drained gelatine into a small glass pyrex bowl. Heat for 1 minute using 300 W. Stir after melting.

COOKING GLAZE/ICING (FOR CAKE AND GATEAUX)

Mix instant glaze (approximately 14 g) with 40 g sugar and 250 ml cold water.

Cook uncovered in a glass pyrex bowl for 3½ to 4½ minutes using 800 W, until glaze/icing is transparent. Stir twice during cooking.

COOKING JAM

Put 600 g fruits (for example mixed berries) in a suitable sized glass pyrex bowl with lid. Add 300 g preserving sugar and stir well. Cook covered for 10-12 minutes using 800 W. Stir several times during cooking. Empty directly into small jam glasses with twist-off lids. Stand on lid for 5 minutes.

COOKING PUDDING

Mix pudding powder with sugar and milk (500 ml) by following the manufacturers instructions and stir well. Use a suitable sized glass pyrex bowl with lid. Cook covered for 6½ to 7½ minutes using 800 W. Stir several times well during cooking.

BROWNING ALMOND SLICES

Spread 30 g sliced almonds evenly on a medium sized ceramic plate. Stir several times during browning for 3½ to 4½ minutes using 600 W. Let it stand for 2-3 minutes in the oven. Use oven gloves while taking out!



CLEANING YOUR MICROWAVE OVEN

The following parts of your microwave oven should be cleaned regularly to prevent grease and food particles from building up:

- Inside and outside surfaces
- Door and door seals
- Turntable and Roller rings

 **ALWAYS** ensure that the door seals are clean and the door closes properly.

 Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

1. Clean the outside surfaces with a soft cloth and warm, soapy water. Rinse and dry.
2. Remove any splashes or stains on the inside surfaces or on the roller ring with a soapy cloth. Rinse and dry.
3. To loosen hardened food particles and remove smells, place a cup of diluted lemon juice on the turntable and heat for ten minutes at maximum power.
4. Wash the dishwasher-safe plate whenever necessary.

 **DO NOT** spill water in the vents. **NEVER** use any abrasive products or chemical solvents. Take particular care when cleaning the door seals to ensure that no particles:

- Accumulate
- Prevent the door from closing correctly

 **Clean** the microwave oven cavity right after each use with a mild detergent solution, but let the microwave oven cool down before cleaning in order to avoid injury.

STORING AND REPAIRING YOUR MICROWAVE OVEN

A few simple precautions should be taken when storing or having your microwave oven serviced.

The oven must not be used if the door or door seals are damaged:

- Broken hinge
- Deteriorated seals
- Distorted or bent oven casing

Only a qualified microwave service technician should perform repair

 **NEVER** remove the outer casing from the oven. If the oven is faulty and needs servicing or you are in doubt about its condition:

- Unplug it from the wall socket
- Contact the nearest after-sales service centre

 If you wish to store your oven away temporarily, choose a dry, dustfree place.

Reason : Dust and damp may adversely affect the working parts in the oven.

 This microwave oven is not intended for commercial use.

INSTALLATION & WIRING INSTRUCTIONS

IMPORTANT NOTE :

The mains lead on this equipment is supplied with a moulded plug incorporating a fuse.

The value of the fuse is indicated on the pin face of the plug and, if it requires replacing, a fuse approved to BS1363 of the same rating must be used.

Never use the plug with the fuse cover omitted if the cover is detachable. If a replacement fuse cover is required, it must be of the same colour as the pin face of the plug.

Replacement covers are available from your Dealer. If the fitted plug is not suitable for the power points in your house or the cable is not long enough to reach a power point, you should obtain a suitable safety approved extension lead or consult your Dealer for assistance. However, if there is no alternative to cutting off the plug, remove the fuse and then safely dispose of the plug. Do not connect the plug to a mains socket, as there is a risk of shock hazard from the bared flexible cord.



WIRING INSTRUCTIONS

WARNING THIS APPLIANCE MUST BE EARTHED.

This appliance must be earthed. In the event of an electrical short circuit, earthing reduces the risk of electric shock providing an escape wire for the electric current. The appliance is equipped with a mains lead which includes an earth wire for connecting to the earth terminal of your mains plug. The plug must be plugged into a socket that is properly installed and earthed.

 The wires in this mains lead are coloured in accordance with the following code:

- Green and yellow : Earth
- Blue : Neutral
- Brown : Live

As the colours of the wires in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, proceed as follows.

Connect the green and yellow wire to the terminal in the plug marked with the letter E or the earth symbol ($\perp$) or coloured green or green-and-yellow.

Connect the blue wire to the terminal marked with the letter N or coloured black.

 Consult a qualified electrician or service technician if in doubt about any of these instructions.

The manufacturer of this oven will not accept any liability for damage to persons or material for non observance of these requirements.

There are no user-serviceable parts inside the oven and if the mains lead of this appliance is damaged, it must only be replaced by qualified service personnel approved by the manufacturer because special tools are required.

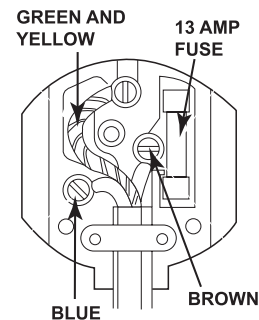


WARNING : Ensure that the plug and power cord are not damaged before use. If you have any reason to remove the moulded plug from this appliance, immediately remove the fuse and dispose of the plug.

Do not connect the plug to a mains socket under any circumstances as there is a danger of electric shock.



CIRCUITS : Your microwave oven should be operated on a separate circuit from other appliances. Failure to do this may cause the circuit breaker to trip, the fuse to blow, or the food to cook more slowly.



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COOKING INSTRUCTIONS ON FOOD PACKAGING

Microwave Symbols

On the front of your oven there is a microwave oven symbol, as shown below.

This symbol has been introduced for your benefit when cooking or reheating packaged food.



Packaged food is also, increasingly, using a microwave symbol similar to the one below. When you see this



Symbol on food packaging, the cooking instructions are based on either the IEC Power Output Rating, or the Reheating Categories A, B, C, D or E.



COOKING INSTRUCTIONS

The IEC Power Output rating is an internationally standardised rating, so all microwave manufacturers now use the same method of measuring power output.

If food packaging gives cooking instructions based on IEC Power ratings, set cooking times according to the IEC Power of your oven.

For example :

If the cooking instructions are based on a 650 W oven, then you will need to reduce some cooking time for the GS89F-1S (850 W)

Ready meals are now very convenient and popular. These are meals which are already prepared and cooked by the food manufacturer, and then frozen, chilled or vacuum sealed for long life.

Increasingly, heating times for such ready meals are being based on the Heating Categories A, B, C, D and E.

On this instance, simply match the heating category of your oven to the instructions on the food package, and set your timer accordingly.

For example :

If the heating instructions are 3 minutes on HIGH for a D category oven, then you will need to set your timer for less than 3 minutes on HIGH for the GS89F-1S (E category).

-  Always remember that cooking instructions are intended only as a guide. If you have followed the instructions and the food is still not piping hot throughout, simply return it to the oven and cook it until it is.

TECHNICAL SPECIFICATIONS

SAMSUNG strives to improve its products at all times. Both the design specifications and these user instructions are thus subject to change without notice.

Model	GS89F-1S
Power source	230V ~ 50 Hz
Power consumption	
Microwave	1200 W
Grill	1100 W
Combined mode	2300 W
Output power	100 W/800 W (IEC-705) 240 V : 800 W 230 V : 750 W
Operating frequency	2450 MHz
Magnetron	OM75P(31)
Cooling method	Cooling fan motor
Dimensions (W x H x D)	
Outside	489 x 275 x 390 mm
Oven cavity	330 x 211 x 324 mm
Volume	23 liter
Weight	
Net	13.5 kg approx



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QUESTIONS OR COMMENTS

COUNTRY	CALL	OR VISIT US ONLINE AT
AUSTRIA	0810 - SAMSUNG (7267864, € 0.07/min)	www.samsung.com
BELGIUM	02-201-24-18	www.samsung.com/be (Dutch) www.samsung.com/be_fr (French)
DENMARK	70 70 19 70	www.samsung.com
FINLAND	030 - 6227 515	
FRANCE	01 48 63 00 00	
GERMANY	01805 - SAMSUNG (726-7864 € 0,14/Min)	
ITALIA	800-SAMSUNG (726-7864)	
GREECE	80111-SAMSUNG (80111 726-7864) only from land line, (+30) 210 6897691 from mobile and land line	
LUXEMBURG	261 03 710	
NETHERLANDS	0900-SAMSUNG (0900-7267864) (€ 0,10/Min)	
NORWAY	815-56 480	
PORTUGAL	808 20-SAMSUNG (808 20 7267)	
SPAIN	902 - 1 - SAMSUNG (902 172 678)	www.samsung.com/ch www.samsung.com/ch_fr (French)
SWEDEN	0771 726 7864 (SAMSUNG)	
SWITZERLAND	0848 - SAMSUNG(7267864, CHF 0.08/min)	www.samsung.com
U.K	0330 SAMSUNG (7267864)	
EIRE	0818 717100	

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